

# Deregulation of cannabidiol in France: what's behind the calls to the Poison Control Centres ?

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Oral consumption of CBD is prompting an increasing number of calls to French Poison Control Centers (PCCs), particularly since the liberalization of the CBD market under the 2021 regulation. CBD is presented as a low-risk product with various alleged therapeutic benefits.

**OBJECTIVE:** describe the uses and complications observed with oral CBD



**METHODS:** Retrospective study of oral CBD consumption cases based on data from the French PCC information system (SICAP)

- Analysis period: 2017-2023
- Agents studied: medicinal CBD or over-the-counter CBD (CBD\_OTC).
- Excluded cases: intentional co-ingestion and suicide attempts

**Total cases: 343 → 79% of CBD\_OTC**

Median age: 27 years (1 - 95 years)

→ 19% aged ≤ 3 years / Sex ratio = 1

Types of CBD products: oil (70%), candies (9%), e-liquid (6%).

↗ x6  
after  
deregulation

**Severity [1]**

- None or low: 84%
- Severe: 3%

## Reported indications for CBD use

- epilepsy (33%)
- recreational use (14%)
- pain (24%)
- sleep disorders (10%)
- anxiolysis (15%)
- Others ...

## Poison Control Centers receive calls for various reasons related to CBD consumption, including:

- Information requests (interactions CBD/medications): 25
- Adverse effects (drowsiness, ataxia, fatigue, consciousness disorders, tachycardia and nausea/vomiting): 81
- Misuse or unintentional overdose, particularly related to improperly dosed or mislabeled products: 177

Accidental overdoses, especially in children, are reported.

→ Adulteration with other cannabinoids was observed (HHC, H4-CBD, ...)

**Despite its reputation as a "safe" product, CBD is not without risks.**

**Non-pharmaceutical CBD products lack strict quality control regulation**

**CONCLUSION**

Results confirm an increase in calls concerning CBD use in recent years, mainly for CBD\_OTC. The lack of quality in these products raises concerns about the variability in concentrations of CBD and other synthetic cannabinoids in products available on the market. **To minimize risks, stricter regulation and better consumer education are crucial.**

## REFERENCES

[1] Persson H et al. Poisoning Severity Score: Grading of acute poisoning. J Toxicol - Clin Toxicol; 36:205-13.

